

Flexible Sigmoidoscopy Colon-Rectal Clinic

A flexible sigmoidoscopy is an examination of the lower third of your large intestine (colon). A doctor puts a small, flexible scope into your rectum and examines the inside of your rectum and colon as the scope is advanced and withdrawn.

Getting Ready

You will be given two small enemas to clean the stool from the lower portion of your colon. This lets the doctor clearly see the lining of your intestine.

The Exam

A nurse will help position you on the exam table. You will lie on your left side with your knees bent. A doctor will insert the scope into your rectum. This may give you a feeling of fullness much like what you feel before a bowel movement. The exam takes about five to ten minutes. You will be able to speak to the doctor and nurse during the exam if you have any questions.

After the Exam

You may feel a little bloated or gassy after the exam. Walking will help you pass the gas.

If you have any of these problems:

- A temperature above 101° or shaking chills
- Severe belly or rectal pain
- Red blood clots from your rectum
- Dizziness
- Shortness of breath

call Urgent Care at (612) 467-2771 or come to the Urgent Care Area. If you live far from the Minneapolis VA Medical Center, seek treatment at an Urgent Care near your home.

Questions

If you have any questions about your flexible sigmoidoscopy, please call the Colon-Rectal Clinic, Monday, Wednesday, or Friday between 11:00 a.m. and 4:00 p.m. at (612) 467-5529.

Content approval: Colon-Rectal Section

January 2002

Reviewed July 2004

VA Medical Center - Minneapolis, Minnesota